



WEEK OF MARCH 16TH 2015 #11/52



## New Tires

Ramon is very happy to have new tires on his tractor. These are replacing the original factory ones so we cannot complain. The cost you might ask? Well how about \$1300 each; you have to buy one for each side.



## Twin Girls Farm

The citrus in your harvest share this week comes from our good friends and Mexican American farmers at Twin Girls Farm. We met at the Ferry Plaza Farmers Market in the 90's and immediately bonded as they have twin girls about four years older than Eric and Andrew. They also happen to grow great organic fruit. Nacho was an agricultural inspector in the 80's, and he met many people who had fruit trees but nobody to take care of them. None often wanted chemical sprays on their farm as they lived there. So began many relationships where Nacho manages many different plots of organic fruit trees in a fifty mile radius of his farm.

He has so much fruit now that he packs for a wholesaler in San Francisco, Purity Foods. You may at times see their label on fruit in your harvest share. Sometimes they wash and label everything before our order is packed.

This year our citrus crop was large but it will be quite some time before we can produce all we need. The fruit is transported to us via the farmers market in San Francisco.



There's nothing like exploring the farm with children. They take the route least travelled, plowing through fields of thick mustard flowers or deliberately jumping into the duck pond in March. It's a view of the farm I enjoy the most. Smiles, giggles, and at this time of year, pollen...all swirling around me and brightening my afternoon. This is their farm as much as yours, and the reason why we're here. Going beyond organic for our future. - Emily

## Way Beyond Organic

Costco organic eggs

The last time I checked organic eggs at Costco were less than \$6 a dozen. I am often asked why ours are so much more (\$8 with your membership). My reply is always why are they so cheap? Yes they use organic feed like we do and no antibiotics etc. All good stuff. This is just about everything we have in common. Their chickens live in the same barns as the regular cage free eggs which means there are 25,000 plus in each house. They live in a totally controlled environment relating to heat and light. They are required to have access to the outside but few if any take advantage of this.

This is what we call replacement organic farming. The chemically produced GMO feed is replaced with organic feed. That's it. Pretty much nothing else. That is just not good enough any more. Firstly factory farms have no place in organic agriculture, and we can do so much better. The waste from chicken farms needs to stay on the farm and fertilize all the other crops grown. The girls need to eat so much more diverse feed than just corn, soybeans and wheat. Our girls get to enjoy a wide variety of foods including pasture, vegetable trimmings, organic whey and cheese. Did I mention fresh air? The doors on our mobile chicken houses are only ever closed when the ladies are moved from one side of the farm to the other. So far during daytime I have never managed to count more than 15% of our flock inside the house at any one time. They have always been outside. They are jungle creatures who spend their days scratching in and around the pasture.

Eggs are great food, and once children eat these eggs from our girls they can consume a lot. All I say is what a great way to feed your off spring! Some of you have heard me tell the story about the early days with the chickens when during the winter I had to ration everyone to 6 eggs with their box. One very long time wonderful customer called me on her cell phone on the way to Tahoe on a Friday late afternoon. She was upset that she did not get her usual 4 dozen for her kids. She said "so what are you going to do about her children's brain development without these eggs". Lucky for me the production drop was only temporary. The nutrition in pasture raised eggs is incredible.

If you have never had our eggs please email Emily and she will arrange to have a sample with your next box. Once you have tried them you will be hooked. The next time you are on the farm come commune with them and visit our hatching and baby chicks too. Nigel



## Refer a Friend, Get Some Sauce!

Community Supported Agriculture (CSA) Farms thrive on word-of-mouth referrals, Yelp reviews and community outreach. Help grow YOUR farm by sharing the love of Eatwell with neighbors, friends and family. Share this code: [3YQYWUQ](#) for friends and family to receive their first 4 CSA box subscription for \$99. If they mention your name when they sign up, you'll receive some of Nigel's Homemade Naked Sauce. The only way to get it is referring a friend!

WE WELCOME YOUR COMMENTS AND QUESTIONS!

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## Recipes and Menu Suggestions

Artichokes steamed with lemon wedges, + homemade Green Garlic Aioli, Mayo, or Olive Oil

Uses: Artichokes, Lemon, Green Garlic

Kale and Celeriac Alfredo serve with a Salad of Lettuce, Radish and some Orange Slices

Uses: Kale, Celeriac, Lemon, Lettuce, Radishes, Oranges, or Blood Oranges or Tangerines

Quinoa Eggs Florentine

Uses: Lemon, Celeriac or Turnips, Greens: Spinach, Chard, Kale, Arugula or Mizuna or a combo

Pickled Red Cabbage with Grilled Cheese and Arugula Sandwiches

Uses: Red Cabbage, Arugula

All recipes can be found at: [www.eatwell.com](http://www.eatwell.com) under the "CSA Farm Box" tab. Just click "Recipes."

## Quinoa Eggs Florentine

*Vegetarian Times* Jan/Feb 2015

For the Quinoa Cakes:

1 1/2 tsp Flax Meal

1/2 cup Cooked Red quinoa

1 1/2 tsp grated Parmesan Cheese

1 tsp chopped fresh Thyme

1 tsp Lemon Juice

1 tsp Olive Oil

For the Puree:

The recipe uses a Parsnip puree, but you can make a delicious substitution either with celeriac or turnips.

1/2 cup of Celeriac or Turnip chunks (peeled first)

1 1/2 tsp Lemon Juice

Sautéed Greens

Bit of Olive Oil for sautéing

1 1/2 cups chopped Greens - Spinach, Chard, Kale, Arugula, Mizuna,

1/2 tsp grated Lemon Zest

Poached Eggs

1 tsp White Wine Vinegar

1/4 tsp Salt

2 large Eggs

**For Quinoa Cakes:** Stir together flax meal and 1.5

TB water in small bowl; set aside. Combine

quinoa, Parmesan, thyme and lemon juice in a medium bowl. Stir in flax mixture, and season with salt and pepper, if desired. Chill 10 minutes, then shape into 2 cakes - can be covered and refrigerated overnight. **For the Puree:** Bring

celeriac or turnip chunks, lemon juice and 1/2 cup water to a boil in saucepan. Reduce heat to medium-low, and simmer 10 minutes, or until chunks are tender. Puree mixture with immersion blender, or in food processor until smooth. Keep warm. **For Sautéed**

**Greens:** Heat oil in skillet over medium heat. Add greens and sauté 3 minutes, or until just wilted. Stir in lemon zest, and season with salt and pepper, if desired. Keep warm. Heat a small amount of olive oil in a skillet over medium heat. Add Quinoa Cakes, and sear 3 to 5 minutes per side, or until brown and crispy. Transfer to plate and keep warm. To make Poached Eggs: Bring 4 cups water to simmer in medium saucepan. Add vinegar and salt. Crack 1 egg into medium bowl. Stir simmering water into a slow whirlpool, and add egg to spinning water. Repeat with remaining eggs. Poach eggs 3 minutes, skimming off any loose whites. Gently remove each egg to plate using slotted spoon. To serve: Top each Quinoa Cake with 1/4 cup Sautéed Greens, 1 Poached Egg, and 2 TB Puree. Season with freshly ground black pepper and salt.

## Pickled Red Cabbage

From *Gluten Free Girl* Yields 2 Pints

1 small Red Cabbage, shredded fine

1 TB Sea Salt

1 1/2 cups Red Wine Vinegar

1 cup Champagne Vinegar

2 tsp Black Peppercorns

2 Bay Leaves

1 Clove

1 TB Sugar or Honey

## An Appeal For Help

My weekend was spent driving back and forth from UCSF visiting Nigel. As most of you know he is in for cancer treatment; chemo and stem cell transplant. Spending so much time sitting around at UCSF I did a little research on cancer and agricultural workers, and this is a bit of what I found out. Apparently farmers, farmer's wives and farm workers tend to live longer because they have physical jobs and more often do not smoke. Well that is very cool, but...

"However, compared with the general population, the rates for certain diseases, including some types of cancer, appear to be higher among agricultural workers, which may be related to exposures that are common in their work environments. For example, farming communities have higher rates of leukemia, non-Hodgkin lymphoma, multiple myeloma, and soft tissue sarcoma, as well as cancers of the skin, lip, stomach, brain, and prostate." <http://www.cancer.gov/cancertopics/factsheet/risk/ahs>

Cancer aside, the increase of food allergies we see in our children today is more than alarming. Then there is obesity, diabetes, heart disease in young teenagers, all occurring at unbelievable rates. Modern day food and farming practices are literally making Americans sick and even killing us. The

promised food security of Roundup Resistant GMO crops isn't working; the weeds are outsmarting the Roundup. Now they are introducing stronger herbicides. More spraying, more crop dusters flying, more poisons running off into the Bay and polluting the air. There is no escaping these toxic chemicals.

But we can make a difference. Every CSA subscription is a vote against the standard practices of industrialized food production. So I ask you, all of you, please join us in making the changes we so desperately need; tell your friends and neighbors, co-workers, family, the friendly person on BART about your Farm and your CSA. We have new postcards you can put out in the break

room at your office or your school, hand out

at your book club meeting, or your place of worship, Boys Scout or Girl Scout troop meetings. You can order them for free as an add-on to your CSA box. Emily and I are available to come and speak at your organization's monthly meetings (we even have a sweet little slide show now) and we bring treats! Use us, I LOVE to talk. Food is my passion, and I want to make a difference, especially for our kids. I will come and cook with your kids if you get enough of them together. Talk about changing the world, imagine what a difference we could make just by teaching our kids how to cook!

Together we can make things happen. Let's not fight Big Ag, let's make them irrelevant!

Lorraine

## Pickled Red Cabbage Continued

Put the red cabbage into a large bowl. Sprinkle the salt over the cabbage and massage it in. Let the cabbage sit for 4 hours. Meanwhile, put the red wine vinegar, champagne vinegar, black peppercorns, bay leaves, and clove into a pot. Set the pot on medium-high heat. Bring the vinegars to boil, then turn off the heat. Let the spices infuse the vinegar while the cabbage rests. Rinse off the cabbage. Put the shredded cabbage into clean, dry jars. Set the pot of vinegars and spices back on medium-high heat. Add the sugar. When the sugar has dissolved into the vinegar, turn off the heat. Pour the hot vinegars over the cabbage in the jars. Seal the jars and let them rest overnight in a cool place. You could eat the cabbage the next day, if you wish. The flavors will intensify over time, so you'll find your own favorite length of time before you start eating.